



# Memorial Day

## Day May 26, 2025

### Honor Veterans this Memorial Day

Memorial Day often is celebrated with the excitement of a long weekend and the prospect of firing up the grill for a backyard barbecue. But Memorial Day also is a time to reflect on the men and women who gave their lives to defend American freedom.

Memorial Day was established to honor individuals who died while serving the United States in the Armed Forces. Memorial Day is a time to reflect on the sacrifices of the fallen heroes who dedicated and lost their lives in the pursuit of service. The following are some ways to honor those sacrifices this Memorial Day.

- Observe the National Moment of Remembrance. The National Moment of Remembrance is an annual one-minute moment of silence that takes place at 3 p.m. local time on Memorial Day. Established by Congress in 2000, this unifying moment encourages Americans to pause their activities and reflect on the high cost of freedom. The time is significant, as it is a period when most people are enjoying Memorial Day festivities that were made possible by the sacrifices of Armed Forces personnel.
- Honor the American



flag. Memorial Day features a unique flag protocol. To properly honor the fallen, the flag should be flown at half-staff until noon. Afterwards, it should be raised to the top of the staff for the remainder of the day, according to the Veterans of Foreign Wars organization. The transition marks the nation's mourning in the morning hours and then the legacy of fallen veterans later in the afternoon.

- Coordinate flag placement for cemeteries. Organizations like Flags for Fallen

Vets and scouting groups make an effort to place small American flags at the grave sites of deceased veterans. Many cemeteries feature sections exclusively for veterans. Similarly, families can visit cemeteries and leave a penny or a stone on the headstone of a veteran, which shows others that someone visited to pay their respects.

- Talk to the next generation. To ensure that the memories of fallen soldiers do not fade into obscurity, living veterans can speak with

youth about their service experiences and those of their fallen friends. Schools or local municipalities can organize speaking engagements.

Memorial Day is much more than sales at the furniture store or a day spent manning the grill. It is a day to remember and honor service members who never made it home to see their great country again. Ensuring that their efforts are remembered, and giving thanks to all veterans, is a great way to commemorate Memorial Day.

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### Memorial Day Weekend Travel Tips

Certain times of year inspire more travel than others. Memorial Day weekend certainly fits that bill. AAA estimated 44 million people traveled during Memorial Day weekend in 2024, and that popularity is at least in part due to the holiday's reputation as the unofficial beginning to summer.

A Memorial Day weekend getaway can be just what people need to get into the summer swing of things. With summer set to kick off, even if only unofficially, travelers can consider these tips to make the most of this popular time to travel.

- Book early. Whether Memorial Day weekend travelers are flying or traveling by bus or train, it's important to book reservations as early as possible. Flights on popular travel weekends fill up quickly, so booking early can increase the chances flyers will be able to depart and return at the time of their choosing. The same goes for bus and train travel. Lodging also can fill up quickly, so book hotel reservations or reserve stays through sites such as Airbnb as early as possible. Booking early can help travelers ensure they aren't shut out of their desired destination, and it also can save money, as rates tend to go up the closer one gets to the travel weekend.
- Time your travel. Memorial Day weekend motorists



might want to get on the road before the sun rises. Leaving early, when there are fewer cars on the road, reduces the chances of being caught in a traffic jam. If pre-dawn is simply too early, AAA indicates it's best for Thursday and Friday travelers to be on the road prior to 11 a.m. Leaving after 7 p.m. on Thursday or 8 p.m. on Friday is best for those who must travel at night. Travelers taking to the air or the rails might also benefit by leaving on Thursday and/or returning on the Tuesday after Memorial Day to reduce time spent in crowded airports or train stations.

- Expect delays. Travel delays can be stressful, but they're nearly inevitable during peak travel periods like Memorial Day weekend.

Parents traveling with young children can plan for travel delays by packing extra snacks and downloading extra entertainment onto kids' tablets. Adults traveling without children can build delays into their itineraries and consider them before booking dining or entertainment reservations on the day of their arrival.

- Limit luggage. Memorial Day weekend tends to feature ample sunshine and warm weather, which makes it easier to travel light. Air travelers can pack just a carry-on so they don't have to wait at the luggage carousel or worry about potentially lost bags. Car and train travelers also can pack light so they have more room to maneuver.

Memorial Day weekend

is a busy time to travel. A handful of strategies can make this year's travels a little more manageable.



**Thank You is not nearly enough for the freedom we enjoy today because of so many sacrifices!**

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